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Housekeepers' Chat Mon., March 19, 1928

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Subject: "The Well-Lighted Kitchen." This program, including menu and recipes for Baked Eggs and Cheese, and Fig Pudding, from the Bureau of Home Economics, U. S. Department of Agriculture.

Bulletin available: "Convenient Kitchens."

--ooOoo--

Last night as Uncle Ebenezer settled down in his armchair and picked up the paper, he moved the lamp until the light fell just right over his left shoulder. Then he remarked in his very best masculine tone:

"Aunt Sammy, do you think women pay enough attention to light?"

"What light?" I said. "Sweetness and Light? - Limelight? -- Firelight? --

"Now, Aunt Sammy," he remonstrated, "I am serious. I mean, do you think women are careful enough to have plenty of light and the right light on their work? I have often seen even you darning socks over there where the light is very dim and your hand casts a shadow on the needle. Since Sunday, I have been thinking a lot about light in kitchens. You remember when we were all getting Sunday supper in our Next-Door Neighbor's kitchen? I had to wash the lettuce, and with the sink as dark as a pocket, I simply couldn't tell when I had that lettuce clean. I knew that if you found sand in the salad, you would all blame me. Fortunately, luck was with me. Let there be light in kitchens, I say, Aunt Sammy! Especially let there be more light over kitchen sinks!"

"Amen," I murmured. Then I realized that the psychological moment had struck, so I added, very quietly. "Yes, I have noticed that about our Next-Door Neighbor's sink, and I have noticed the very same thing about my own worktable. I am never quite sure that I have got the right quantity of salt in the biscuits; and don't you remember when I mistook soda for baking powder and spoiled the chocolate cake?"

But Uncle Ebenezer didn't give me a chance to finish. He is very partial to chocolate cake, and he has never ceased mourning over the one I ruined. So at the mere mention of chocolate cake he started for the kitchen. Presently he came back beaming, and announced that he knew how to make our kitchen a model of good lighting.

We need glass panels in the back door, he said. They would admit good light to the worktable during the day. And there should be another artificial light over the table, for use in the evening and on dark mornings. With a reflector behind it, that would also give better light at the stove. Light at the sink light at the worktable, light at the stove, - in other words, good light at all the work centers, that is what kitchens need, Uncle Ebenezer continued. Light-colored paint is best for kitchen walls, he also said, because it reflects and diffuses light.

It sounds as though Uncle Ebenezer were going to devote his Saturday afternoons for the next month to making all these grand improvements in our kitchen. I think he must have been reading the bulletin on "Convenient Kitchens," from the Bureau of Home Economics, which I left on the library table. If you would like a copy of this free bulletin, I'll be glad to send it to you. Perhaps it will have the same effect on your family that it has apparently had on Uncle Ebenezer.

Before I broadcast the menu and recipes, I have time for one question and answer.

What could be substituted for the Brazil nuts and the Jerusalem artichokes in The Pork Chop Suey recipe broadcast recently, asks a lady in Ohio.

I took this question to the Recipe Lady for answer, and I confess I thought I would have her stumped. For I knew that in working out the recipe for Chop Suey she had included only materials that she believed could be got in every part of the United States. To take the place of the thin, crisp slices of water chestnut, called for in the Chinese recipes for chop suey, she had suggested the Brazil nuts or the Jerusalem artichokes. But this question from Ohio only made her think of still other American foods that could be used in Chop Suey. Sliced raw tart apples; or the crisp center of a cabbage stalk, pared and sliced very thin; or mild-flavored rutabaga turnip or radishes, also sliced -- all these she said might be stirred into the Chop Suey just before it is served to give somewhat the same effect as the crisp Chinese water chestnuts.

Now for the menu. Since eggs are getting plentiful, the Menu Specialist, I notice, is suggesting more and more egg dishes. For this March dinner she has Baked eggs and cheese, Potatoes in Tomato Sauce, String Beans (fresh or canned), and Fig Pudding.

I broadcast the recipe for Potatoes in Tomato Sauce recently, and the recipe for Baked Eggs and Cheese is in the cookbook. For the benefit of anyone who does not have the cookbook, I will repeat the recipe for Baked Eggs and Cheese:

Break the desired number of eggs into a shallow greased earthenware or glass baking dish, add a few tablespoons of cream, and salt enough to season, and sprinkle over the top grated cheese mixed with fine, dry bread crumbs. Set this dish in a pan containing hot water and bake in a moderate oven until the eggs are set and the crumbs are brown. Just before serving add a few dashes of paprika.

Here is the recipe for Fig Pudding, another dessert that will soon become a prime favorite with your family. There are nine ingredients:

1/4 cup butter	2 cups finely chopped figs
1/2 cup sugar	2 teaspoons baking powder
1 egg	1/2 teaspoon vanilla
1/2 cup milk	1/8 teaspoon salt
1-1/2 cups soft wheat flour, sifted	

To be sure you have the nine ingredients for Fig Pudding, I'll repeat them (Repeat)

Cream the butter and the sugar, and add the well-beaten egg. Take out about 2 tablespoons of the flour, and mix with the figs. Sift together the remaining flour and the other ingredients, and add them alternately with the milk to the butter and egg mixture. Stir in the flour-coated figs, and add the vanilla. Bake in a greased baking dish, for about 1 hour, in a moderate over (about 375°F.). Serve hot with lemon sauce or hard sauce to which a little lemon juice has been added.

Now, I'll repeat the menu: Baked eggs and cheese, Potatoes in Tomato Sauce, String Beans (fresh or canned), and Fig Pudding.

Tomorrow's talk is something to look forward to, if you are interested in spring sewing.